

# NOVA Montréal's Volunteer Program



More than a century of in-home  
respite & care in the community

NOVA MONTRÉAL is a community-based, non-profit, charitable organization that offers in-home health care services in the Montreal community since 1898. We specialize in nursing and respite services to chronically ill children, seniors with a loss of autonomy, terminally ill patients and their caregivers.

## SERVICE AREA:

Our services are offered in the territory bordered by St. Denis Street to the East; 32nd Avenue, Lachine to the West; Metropolitan Boulevard in the North and the St. Lawrence River to the South.

## About NOVA MONTRÉAL



# Volunteer roles at NOVA MONTRÉAL

## OUR CHILDREN'S RESPITE

**PROGRAM** provides respite for parents of chronically ill children with either a physical and/or intellectual disability (0-6 years old), such as neurodegenerative disorders, muscular dystrophy, broncopulmonary dysplasia, autism, etc.

## VOLUNTEER ROLE:

- Schedule weekly home visits with our clients
- Animate activities and actively engage the child in play and stimulating activities, while providing respite for the caregiver

note: parents of children are not to leave their residence while the NOVA volunteer is present



# Volunteer roles at NOVA MONTRÉAL

## OUR HOME SUPPORT / PALLIATIVE CARE PROGRAM

provides respite to caregivers of individuals with a loss of physical and/or cognitive autonomy such as Alzheimer, Multiple Sclerosis, strokes, cancer and frail health, while offering basic emotional and psychosocial support to the patient.

### VOLUNTEER ROLE:

- Schedule regular client visits
- Offer company through activities (i.e. card/board games), perform simple tasks around the house in the absence of the caregiver, and accompany them for a walk (depending on the client's stability)\*



# GENERAL INFORMATION

## EXEMPTIONS (LIST NOT EXHAUSTIVE)

- Volunteers are not expected to provide direct patient care
- Volunteers are not expected to clean or cook
- Volunteers are not expected to transport the client to their appointments, but may accompany them by public transportation or as a passenger\*

\*note: upon approval of the Volunteer Coordinator and NOVA nurse

## ELIGIBILITY AND GUIDELINES:

- Client receiving NOVA service may receive additional hours of respite on a weekly basis (minimum 2 hours per week, for a minimum of 6 months duration)
- Volunteers have been screened before placement with a family (references, background checks), attend training sessions and peer support group meetings

# Steps to RECEIVE volunteer services

**1** Inform your NOVA nurse or contact the Volunteer Coordinator directly at 514-866-6801 or email [claudia.cavallaro@novamontreal.com](mailto:claudia.cavallaro@novamontreal.com)

**2** After receiving your request, the Volunteer Coordinator will contact you to schedule a meeting

## FOR MORE INFORMATION

about our Volunteer Program, please contact Claudia Cavallaro, Volunteer Coordinator at [claudia.cavallaro@novamontreal.com](mailto:claudia.cavallaro@novamontreal.com)



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